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"Freedom now" shows Black History

Robert Witt Ames spent almost three years completing his wood carving "Freedom Now", a panoramic history of black Americans. Since its unveiling in 1965 at the Massachusetts Capitol Building, the mural has been shown all over the country. The 10 by 9 foot mural is made of Tabasco mahogany, and is an intricate work of several hundred figures and objects depicting the history of blacks from the pre-slave period to 1965.

The saga begins in the lower left-hand corner with the figure of an African wood carver. The story unfolds to the right where three slave hunters are hiding with guns and ropes.

Also included are scenes of slave ships crossing the Atlantic, abolitionist Harriet Tubman leading runaway slaves through a forest on the underground railroad and slave traders doing business on the auction block.

Contemporary scenes include the Little Rock schools dispute of 1957, children in a "freedom school" established by civil rights workers and sit-ins at which police are loading demonstrators into vans. In the lower right-hand corner are the names of civil rights martyrs Medgar Evers, Michael Schwerner, James Chaney, Andrew Goodman and James Reeb.

Hobby time at North Portland

Every Saturday from 2 to 4 in the afternoon, the North Portland Branch of the Multnomah County Library is offering "Hobby Time" for children and adults alike to learn more about their favorite, or perhaps a new hobby.

This month stamp collecting, weaving and spinning, pets, and puppets will be discussed.

On January 8, Miss Dorothy Fliegel and Mrs. Edith Brown, philatelists, Oregon Stamp Society, will discuss and display their stamps and be on hand to answer your questions on stamp collecting.

The following week, January 15, Mrs. Paul Becker, President, Portland Weaver's Guild, and Mrs. Helen Noel, spinner and weaver will demonstrate the fascinating arts of spinning and weaving. A special loom will be available for children to operate.

January 22, Mr. Robert K. Hillman, Oregon Humane Society, and his dog Sultan will visit the library. Mr. Hillman will talk about your pets.

Finally, on January 29, Mrs. Geraldine Hammond, better known as "Miss Geri", the beloved T.V. personality, will show how to make and entertain with simple puppets.

Flu season arrives

Winter is a flu wonderland. Like the common cold, flu is an infection of the upper respiratory tract. But it is much more severe. Flu viruses can work their way into the breathing passageways and damage the linings, then spread to the air sacs where oxygen and carbon dioxide are exchanged. The workings of the entire body can be disrupted.

Antimicrobial drugs do not attack flu viruses but they can work to treat other complications. With bed rest and medical attention, most people recover within days or weeks from the flu. But if the infection is not properly tended, complications like pneumonia can set in.

There are several different types of pneumonia, some more serious than others. But about half of them are caused by viruses, and antibiotics are ineffective in treating viral pneumonia. Antibiotics can be useful, though, in treating types of pneumonia caused by bacteria. "Walking pneumonia," whose symptom is usually a violent cough, is still another kind of infection caused by the smallest free-living agent of disease called mycoplasmas. This agent cannot be called a virus or a bacteria, but it has characteristics of both. Antibiotics can help combat this infection.

Anyone with suspicious symptoms of violent coughing, chills, chest pains, fever, and headache, should call his doctor immediately. Infections of the respiratory tract, even when they respond to antibiotics, demand early diagnosis and treatment. The pneumonia-influenza disease group is the country's fifth leading killer.

To support the struggle against respiratory disease, answer your Christmas seal letter. There's more to do.

Eartha Kitt will sing in South Africa

Many artists, including black artists have boycotted South Africa because of its racial policies, but some have chosen to defy this method and see for themselves. Most refuse to perform their because they are unwilling to play to segregated audiences which South African laws require.

American black singer Eartha Kitt is the latest star to take the opposite point of view. She completed a highly successful engagement in Mbabane, the capital of the neighboring black kingdom of Swaziland, and while there spoke to reporters about her plans to tour South Africa in 1972.

"Of course I do not approve of apartheid. I have experienced all the hurt and indignity of such a system," she said. "When I was six years old I picked cotton in the fields of South Carolina."

Anti-apartheid organizations and other black artists have criticized her decision, Miss Kitt explained, "you do not cure a sickness by ignoring it. Some black stars say they will only play to non-whites in South Africa. They play to non-whites for a fantastic fee and take this money from the pockets of the poor black people. I'd rather take the money from the affluent whites."

Her Mbabane audiences consisted mainly of South African whites who crossed the border of Swaziland by the plane to see her perform. Many hailed her as the greatest staff to appear in Southern Africa. In multi-racial Swaziland, Miss Kitt's act was free from the restrictions she will encounter across the border in South Africa.



Library adds Volumes

New biography of Georgia State Representative Julian Bond called "Julian Bond: Black Rebel" has been acquired by the North Branch Public Library.

North Portland Public Library has acquired some exciting new books for your reading enjoyment. For the youth and adults:

CARMICHAEL, STOKELY - Stokely Speaks. Random House, 1971 - A collection of 14 speeches and essays covering the author's career from the Civil Rights movement to Black Power to the present.

DANCE, STANLEY - The World of Duke Ellington. Scribner, 1971 - A fascinating portrait of the Duke as well as an authentic record of jazz over several eras.

DANDRIDGE, DOROTHY & CONRAD, EARL - Everything and Nothing. Abelard-Schuman, 1971 - In completing Dorothy Dandridge's autobiography, Mr. Conrad has combined his concern with the tragedy of segregation with an interesting life-story.

JONES, LEROI - Raise, Race, Rays, Raze. Random House, 1971 - A collection of essays written by the author since 1965. Mr. Jones has since changed his name to Immyr Amir Baraka.

NENRY, JOHN - Julian Bond: Black Rebel. Morrow 1971. An unofficial biography of the charismatic young legislator from Georgia, who was the first black man in history to be nominated to the vice-presidency of the United States.

TINKER, BARBARA W. - When the Fire Reaches Us. Morrow, 1970 - A fictional story about a group of black

QUICK 'n' EASY FRUIT CAKE



Unlike most fruit cakes, this one doesn't need weeks of aging. What's more, you can put it together in a matter of minutes.

The recipe calls only for blanched sliced almonds, but if you want to decorate your cake so it will look as pretty as the one in the picture, be sure to have some whole almonds (natural or blanched) on hand, too. The day you plan to serve it, top it with a glaze made with powdered sugar and a little water-diluted lemon juice, then set whole almonds into the glaze. If you wish, brush the almonds with a little corn syrup to make them glisten.

LAST-MINUTE FRUIT CAKE

1 package (17 oz.) pound cake mix
1/4 cup blanched sliced almonds
1/4 cup whole candied cherries

1 cup sliced fresh dates
2 slices candied pineapple, cut up
1/4 cup sifted all-purpose flour
1/2 teaspoon grated lemon rind

Prepare pound cake mix as package directs. Toss remaining ingredients together and fold into batter. Turn into a greased and floured 9-inch fluted tube pan or kugelhoff pan. Bake for 1 hour and 15 minutes at 325 degrees. Let cool in pan 10 minutes, then turn out onto wire rack to cool. Cake may be served at once. To store, wrap in cheesecloth soaked in fruit juice or Sherry and place in airtight container. Makes 1 large cake.

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